Abseiling (Single pitch) Units from
Sport, Fitness and Recreation Training Package (SIS10)

**Context**
Abseiling is the process of descending natural cliffs. Associated activities include single pitch top rope climbing, and multi pitch lead climbing. Rock-climbing activities are conducted to challenge others in an atmosphere of perceived high risk with minimal actual risk, to build self esteem and enhance self concept and to provide opportunities for students to work with others in a practical situation. The ability to respond to developing situations in a vertical context by applying high level knowledge of roping systems, safe usage practise, group management and vertical rescue skills are inherent in the conduct of rock-climbing activities.

**Qualifications**
The CARA requires a teacher taking single pitch abseiling to possess the following units as a minimum:

- **Demonstrate simple abseiling skills on artificial / natural surfaces**
  - Selection and use of abseiling equipment, demonstrating correct abseiling technique

- **Safeguard an abseiler using a single rope belay system**
  - Choose an appropriate belaying position and demonstrate suitable belaying techniques

- **Apply single pitch abseiling skills on artificial / natural surfaces**
  - Activity planning & route selecting, safety, belayer positioning and technique

- **Establish ropes for abseiling on artificial / natural surfaces**
  - Anchor selection & rigging belay and abseiling systems

- **Guide Outdoor Recreation Sessions**
  - Plan and guide an outdoor recreation activity

- **Vertical rescue - a separate three day course**

**Senior First Aid** (Must be held by applicant)

**Details**
Teachers will need to demonstrate competence in leading student groups during this type of activity by applying the skills briefly outlined in the unit descriptions above.

**Further Information**
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